

Re: Atkins is a bullshit diet

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-09/0161.html>

From: tcomeau (tunderbar_at_hotmail.com)

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ephedralover@hotmail.com (Buzzzz) wrote in message >> Don't you dare restrict carbs but go ahead and cut all the fat you

>> *want. The mainstreams magic bullet diet. Sounds like every other
>> low-fat diet that has gotten us to where we are today. Record obesity
>> and record obesity related disease. More nonsense from the mainstream.
>>
>> And interestingly enough he does suggest restricting some sugars and
>> white flour. At least he's is partway there.*

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>> **TC**

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> *There is no problem with the diet. There is a problem with people who
> eat too damn much shit. There is no magic bullet. The problem is the
> fat fucks-myself included- are too damn lazy to do any of there own
> research. They want to eat all day and all night, then take a pill and
> look like a model. Keep searching man.....*

I was fat. When I tried to restrict calories and fat I got fatter.

I went low-carb and lost the weight about 4 years ago and I've kept it off, easily. I did not change my level of activity.

I am no longer fat and I never will be. I have not starved nor do I go hungry. I eat as much as I need to feel full and I am not gaining weight.

Go ahead and starve yourself. It does not work.

TC